

more useful in the world by a little exertion on our part. We know that we are not all adapted for the same work, but we should endeavor to find in what direction we have the greatest influence for good, and then do what we can.

A regular attendance at church services, Sunday school, Endeavor societies and prayer meetings, is one way in which all can have an influence for good.

#### TALKS OF YOUNG AMERICA.

Dr. J. H. Kellogg, of Battle Creek, Mich., delivered an admirable address on the degeneracy of the American people. He opened with the question: What is the matter with young America? He answered the interrogatory substantially as follows:

The trouble with young America is that it is badly born. Look at the great population of our insane asylums and the increasing number of cranks. Look at our boys, spindle-shanked, round-shouldered and lop-sided. The boys of to-day are different from the boys of twenty-five years ago. Why? Because their fathers did not cultivate health; their mothers did not live simple lives. The men smoked and chewed tobacco and the women drank strong tea and laced themselves tightly. The children are suffering for these follies. They inherit a craving for poison.

They must have an artificial stimulant. Consequently they have nerve diseases and stomach complaints. We are becoming a nation of invalids.

There should be better food and the children should take more exercise. They must be made strong physically if they are to be strong morally and mentally. There is too much namby-pambyism in our Sunday schools. The good boy in the Sunday school story book is always hump-backed, the good girl is red headed and freckled, and the good woman is dyspeptic and consumptive. I say, burn these books. It is not sinful to be healthy. [Applause] God never made people sick.

Dr. Kellogg spoke at great length on the value of health. He illustrated his remarks on the dangerous effect of smoking by killing a frog instantly with a drop of nicotine.—*Inter Ocean.*

**BRAN COFFEE**—A cupful of hot coffee, with plenty of cream, is relished by nearly everyone with their breakfast, but many of us cannot drink coffee without feeling some bad effect from it, and again good coffee is quite expensive. The following recipe makes a coffee which can be drunk by children, dyspeptics or any one, without any danger, and certainly from an economical point of view it is a success: Moisten two quarts of wheat bran with a teacupful of New Orleans molasses, mixing and rubbing it well together until all is moistened alike. Brown it in the oven as you would brown green coffee, and then use it the same as any coffee. A little coffee may be mixed with it if it is not liked clear; one tea spoonful of coffee with five of the bran will make three cupfuls of coffee. There is a hygienic coffee composed entirely of cereals, which may be bought at twenty cents a pound, but nearly every one likes the bran coffee just as well, and it costs about two cents a pound—not counting the trouble of preparing it.

#### AN EXHORTATION.

NAPPANEE, IND., February 23, '94.

DEAR READERS OF THE EVANGELIST:—How are you all? Well and strong in the Lord, I hope and in the front ranks of the army of the Lord, fighting for your dear lives. Or are you standing back and saying, "you go; you can fight better than I can; you are stronger; I am too weak to fight. Why, the enemy would soon kill me seeing me in the front ranks, fighting for Jesus." Dear brethren, let us be strong in the faith—as strong as the first president of the United States was (Washington) when he said, "give us victory or give us death." Let us fight for righteousness even if it does take our lives. This is the only salvation for our souls. May the Lord help us all to do our duty and live righteous and upright in his sight that we may ever hold fast to Him, our Father and our God. Is my prayer.

MRS. L. J. CALLANDER.

The rich man is wise in his own conceit; but the poor that hath understanding searcheth him out.

#### Children's Department.

DEAR CHILDREN:—You are doing nobly. Letters are coming in so fast that we shall have to give you *more space*. That we shall do if you need it.

Nearly all of you are heeding our instructions to write with pen and ink and on alternate lines only. We wish the big folks could learn so easy. But *they* can not.

When people get in the habit of doing something wrong, such as drinking beer and whiskey, chewing tobacco, drinking tea and coffee, swearing, dancing and gambling it is very hard for them to quit.

If you want to become the best man or woman it is possible to be do not learn to do anything that is harmful to yourself, offensive to others, or useless.

Some people have bad tempers, and get angry very easy. Then, they say or do some ugly thing, that leaves a mark on them like the one God put on Cain which tells what kind of people they are.

Saying and doing evil when children are angry is one of the worst things which they can do. There are times when every one's temper will be aroused, but there should never be a time when we allow that temper to show itself in bad words or acts.

Some children cry when they get angry, or when they can not have what they want. This is very naughty, and no child is as good as it ought to be when it does so.

In your next letter tell us what you want to be when you become a man or woman. Do not ask papa or mamma about this; but tell just what *you* wish to become. Also, tell us how many verses in the Bible you have committed.

EDITOR.

MILFORD, IND. Feb. 19, 1894.

DEAR EDITOR:—I am ten years old. I like to go to school. I went to church last night. We have a series of meetings. Elder Rensch is doing much good. Twenty-five came out on the Lord's side. Many more are almost persuaded. I like to read the letters. Yours Truly,

LILLIE TROUP.

This is a very good letter, Lillie, write again.

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